

2022 SPORTS4VETS THROWDOWN - WEEK 2

WHEELCHAIR DIVISION

WORKOUT

As many rounds and repetitions as possible in 10mins of:

5 U-Turns

10 Core Twists

15 Arm Circles

♂ 10lb. | ♀ 5lb. weight for Core Twists



WORKOUT DESCRIPTION

Athletes begin the event in a sitting tall position. Athletes will have ten (10) minutes to complete as many rounds and repetitions of the workout as possible. Athletes must complete all repetitions of the first movement before moving to the next movement. Athletes may rest as needed but must continue their work where they left off prior to resting.

SCORING

Total repetitions completed in 10mins.

Example: 4 complete rounds plus 10 dips = 135 reps

Athletes are required to keep track of and submit their own score. A scorecard is provided to assist in keeping track. A best practice is to have an assistant help keep track of your rounds and repetitions.

Submit score on Competition Corner

(Link: <https://competitioncorner.net/events/6358>)

MOVEMENT GUIDANCE

Athletes may consider modifying movements due to ability and to accommodate safe range of motion.

EQUIPMENT

The Core Twist movement is the only weighted movement that requires an external load.

Loads do not need to be exactly measured to the prescribed weight, but athletes should try to approximate the weight as close as possible.

Athletes may use any load they have available. Traditional gym weights such as a dumbbell, a kettlebell, or a medicine ball may be used. Use of a barbell is not permitted.

Another acceptable option for the loaded weight is to use any bag, backpack, or duffle bag with additional weight inserted. Best options for inserted weight are: bagged rice, bagged flour, bagged sugar, or bagged sand.

RISK MITIGATION

Safety is paramount. Athletes should not perform any movement that causes pain or could lead to injury.

Athletes may make modifications to the workout as needed regarding risk mitigation.

MOVEMENT STANDARDS

U-TURN

Video: <https://youtu.be/mhEgt7piSic>

- Set two markers on the ground twenty (20") inches apart. A box or other object may be used as long as it measures a minimum of 20".
- Every rep begins with the athlete seated and their axel in front of the markers. The markers make an invisible line and the athlete's axel must be in front of that line.
- The athlete will then reverse and spin to propel themselves to the far side of the other marker.
- The rep is credited when the athlete gets their wheelchair axle in front of the other side of the opposite marker. When the athlete returns to the original starting position, they will have completed two (2) repetitions.
- Athletes must continue in this fashion, making a half-circle pattern. Athletes may not complete a rep by continuing to pass through the markers in a circle pattern.

CORE TWISTS

Video: <https://youtu.be/DgX3GgYloUU>

- Every rep begins with the athlete sitting tall in their chair with the object (load) behind the frontal plane of their backrest (i.e., a portion of the object is behind the backrest when viewed from the profile).
- Athletes rotate their core and arms to the opposite side of the chair.
- The repetition is credited when the athlete passes the object behind the backrest on the opposite side.
- Each side counts as one repetition (i.e., not a two-count rep).

ARM CIRCLES

- Every rep begins with the athlete sitting tall in their chair with arms extended to the sides.
- Athletes will move their arms in small circles (in either direction). The circles should be approximately 5 inches.
- The repetition is credited when the athlete completes one full rotation.

MODIFICATIONS

RANGE OF MOTION: Modify to accommodate athlete's safe range of motion.

EXTERNAL LOAD: Use any object that is safe for the athlete to hold and perform the movement.

MODIFICATIONS

RANGE OF MOTION: Modify to accommodate athlete's safe range of motion.

WEEK 2 SCORECARD

WHEELCHAIR DIVISION

As many rounds and repetitions as possible in 10mins of:

5 U-Turns

10 Core Twists

15 Arm Circles

♂ 10lb. | ♀ 5lb.

ROUND	5 U-TURNS	10 CORE TWISTS	15 ARM CIRCLES
1	5	15	30
2	35	45	60
3	65	75	90
4	95	105	120
5	125	135	150
6	155	165	180
7	185	195	210
8	215	225	240
9	245	285	270
10	275	315	300

Total Repetitions: _____

Submit score on Competition Corner (link: <https://competitioncorner.net/events/6358>)



WEEK 2 PREPARATION

OVERVIEW

A training session is provided to prepare athletes for the scored workout by exposing them to the movements and intensity of the event. This training session is not required but athletes are encouraged to practice the movements before adding intensity.

TRAINING SESSION PLAN

TIMELINE	ELEMENT	DESCRIPTION
0-5	Session Setup	WHEELCHAIR - Space to perform a U-Turn (approx. 8ft x 8ft) - Markers to set 20" standard for U-Turn
5-10	Warm-Up	General Warm-Up: 15s neck rolls (each direction) 15s shoulder rolls (forwards/backwards) 15s arm circles (forwards/backwards) 15s shoulder twists (internal and external rotations) 15s arm back slaps
		Specific Warm-Up (2 Rounds): 15s arms-only jacks 15s alternating side bends 15s arms-only core twists
15-21	Training Session	3 Rounds: 30s U-Turn 30s Core Twists 30s Arm Circles 30s Rest
21-25	Cooldown & Recovery	- 3mins: slow movement: manual push or easy pace on a cardio machine - 2mins: Cooldown breathing (3s inhale, 3s hold, 3s exhale, 3s hold) <i>*Stretch muscle groups used during your session</i>